



# Hampton Mayor's Committee For People with Disabilities

## NEWSLETTER



Vol. 22 No.2

Spring 2013

Jeanne E. Smith, Contributing Editor

### PREPARING FOR TORNADOES

This area is subject to TORNADOES in the Spring, Summer and early Fall- the important thing to know is **BE PREPARED**. Don't forget the 3 main rules of EMERGENCY PREPAREDNESS---

**1. Get a kit, 2, Have a PLAN, 3. Stay informed.**

2. Information can be obtained from Ready.gov, or contact Hampton Office of Emergency at 757-726-0649 or email them at [emoffice@hampton.gov](mailto:emoffice@hampton.gov).

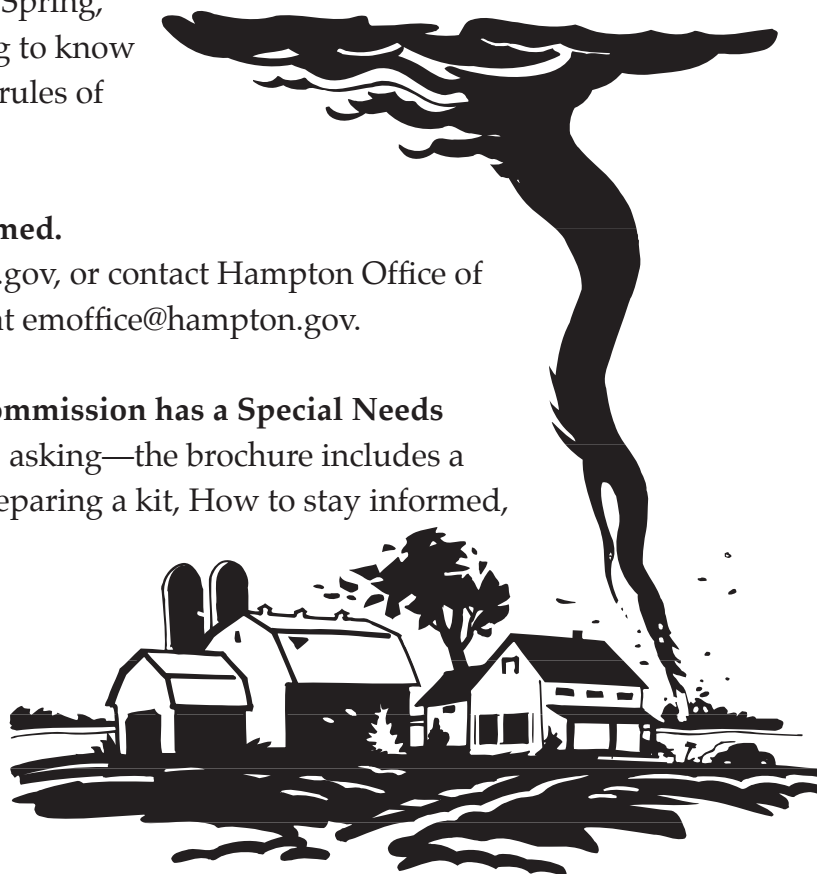
The Hampton Roads Planning District Commission has a Special Needs Registry brochure that can be yours for the asking—the brochure includes a Registration form, How to Make a Plan, Preparing a kit, How to stay informed, and signing up instructions.

**Phone:** 757-420-8300; **TTY:** 757-390-2578;

**Fax:** 757-523-4881

**Email:** [emadmin@hrpdcva.gov](mailto:emadmin@hrpdcva.gov)

or go to: [www.readyhamptonroads.org](http://www.readyhamptonroads.org)



### THE NATIONAL FEDERATION OF THE BLIND

*By Patricia Brown*

For over 60 years, the National Federation of the Blind has been a leading source for helping the blind and visually impaired find the resources, support and hope they need to lead fulfilling and productive lives. They provide countless resources and information concerning vision loss, promoting self-confidence and inspiration to people who are blind and visually impaired as well as for their families.

The local Chapter can be reached through its President- Natasha Hubbard, her email address is [nlhubbard@liberty.edu](mailto:nlhubbard@liberty.edu)

## **Hampton Mayor's Committee for People with Disabilities**

Chair—Larry Townsend

Vice—Chair- Susan Merryfield

Treasurer—Story W. Smith

Newsletter Editor—Jeanne E. Smith

Accessibility—Ellen Shackelford

Special Events—Barbara Stewart

Transportation—Patricia Brown

### **VOTING MEMBERS:**

David Braunbeck, Patricia Brown, Etta Dix, Ernest Ferguson, Mary Fountain, Alicia Griffin, Jane Hobbs, Lynn Lesko, Cynthia Masterstaff, Susan Merryfield, Warren Mills, Paula Ogiba, Sara Ruch, Elizabeth Salter, Geneva Scott, Ellen Shackelford, Polly Simmons, Jeanne Smith, Story Smith, Stephanie Stacy, Barbara Stewart, Fred Thaggard, Larry Townsend

### **HAMPTON CITY STAFF LIAISONS:**

James Gray, Asst City Manager; Andy Wilson, Chief Plans Examiner Codes Compliance; Lt Jeff Walden—Police Unit, Battalion Chief Robin Davis, Fire Division; Cynthia Masterstaff—Bay Days Coordinator; Stephanie Stacy—Parks & Recreation

### **OUTSIDE AGENCY LIAISONS:**

Deanne Noel—Navy Exceptional Family Member Liaison

Ursula Santiago—Langley Air force Base Liaison

Genie Robinson—Unity Commission

Sonya Vega—Hampton University

### **COMMITTEE AREAS OF INTEREST INCLUDE:**

Accessibility, Education, Emergency Preparedness, Legislation, Transportation and Special Events AND recognizing those who go the extra mile to insure fairness and accessibility for all.

**\*\*\*\*\* COMMITTEE MEMBERS ARE ALL VOLUNTEERS  
AND WE MAINTAIN NO OFFICE \*\*\*\*\***

Mail may be addressed to City Hall—in care of-Mayor's Committee for People with Disabilities, 22 Lincoln St., Hampton, VA 23669—or The Smith's, 228 Winchester Dr, Hampton, VA 23666

**The Committee is dedicated to assist, represent and advocate for the disabled citizens of the Hampton Community, established, by then Mayor Charles A. Wornom, in 1979.**



## WINTER 1982 NEWSLETTER


FROM THE EDITOR --This issue is Volume 22, #2- which means the first issue was published Winter 1982—I'd like to print for you the first page article from that issue. BE AWARE the language has changed quite a bit since then to "protect the innocent" but the general theme of the article is just as relevant today. The article was written by Ruth Jensen, a member of the Hampton City School Board in 1982.

### "WHO ARE THE HANDICAPPED?"

"There are many handicapped people whose disabilities are so obvious that no one debates their status. We see them in wheelchairs, being led by seeing-eye dogs or functioning with the aid of prosthesis. Less obvious to us are the hearing-impaired unless we are engaged in direct communication with them. Even less do we encounter the seriously mentally impaired, but we know they exist and we recognize them as handicapped.

There are countless others in the world who I consider handicapped, whether or not their disability is obvious to us or fully acknowledged by themselves. Among them are the diabetics, the cardiacs, those suffering from mental illness or personality disorders, alcoholics and drug addicts, and all those people intimately associated with these handicapped individuals who have difficulty coping with their loved-ones disabilities. For me, anyone who functions (for whatever reason) below "normal" level--or below expectations--in any area of life, is handicapped. So, while there are countless conditions which can render a person handicapped, the person's expectations, inner spirit, and the total effects between the negative forces and the resources (both internal and external) one can rally against them in determining the quality of life achieved.

We are ALL handicapped, if not in a major way—in some way; if not at all times—sometimes; if not all circumstances—in some situations; if not in the real sense—in one's self image. To a lesser or greater degree, we are all in the same boat, we had better adopt the concept that we are all brothers and we *are* our brothers keepers"



**The MAYOR'S COMMITTEE FOR PEOPLE WITH DISABILITIES meets the 2nd Thursday of every month except July and December from 3:00 to 5:00 PM in the City Council Chambers, 8th floor- Hampton City Hall, 22 Lincoln St. VISITORS ARE MOST WELCOME!**

## **DID YOU KNOW...?**

Article written by Ellen L. Shackelford, Committee Member, and Accessibility Chair.- Author, Motivational Speaker/ Coach and President – Connections Access Consulting Services, LLC

- An estimated 200,000 Americans have a spinal cord injury. Each year, this figure increases by approximately 10,000---meaning every day 27 more Americans sustain a spinal cord injury every day. Most are injured in automobile and sports accidents, falls, and other mishaps. ([www.ep.VA.org](http://www.ep.VA.org))
- There are more than 54 million persons living with a disability.
- AS "BABY Boomers" age, 1 in 3 will be diagnosed with a disability.
- In addition, 1 in 5 people have been diagnosed with a disability. ([www.census.gov](http://www.census.gov))
- Food For Thought-"Now I look beyond what I can't do, and focus on what I CAN".  
- Robert M. Hensel.

Ellen states--- "As a person who has sustained a disability, resulting from injury, I am well aware of the issues people with disabilities face daily. I charge myself responsible to raise awareness and offer assistance when needed. To find out more information about the workConnections Access Consulting Services, LLC has to offer, visit us on the Web at: <http://www.cacslic.info>.

*"Hold fast to your dreams, for if dreams die,  
Life is a broken winged bird that cannot fly."*

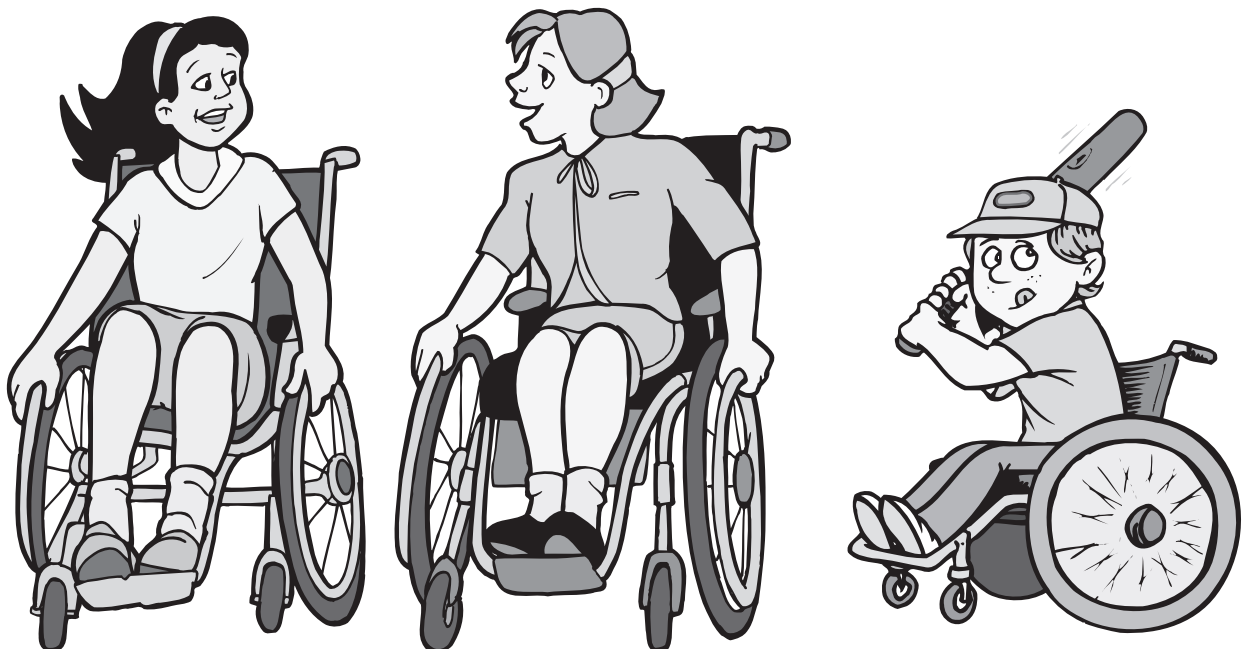
## DISABLED KIDS GET IN THE GAME

A new Federal directive demands equal access  
Excerpted from an article By Sean Gregory-  
Time Magazine, February 11, 2013.

In January the Administration issued a "Dear Colleague" letter telling school administrators that they must "afford qualified students with disabilities an equal opportunity for participation in sports". The new federal guideline doesn't compel a school to put a wheelchair athlete on its varsity roster. It does compel schools to make separate teams available. The new instructions are about equality of opportunity, not results, , schools must provide "reasonable modifications" to ensure equal athletic access. In other words, schools need to use common sense, If a high

school track athlete is hearing impaired, he shouldn't be prohibited from running just because he can't hear the starting gun. Instead, the District could provide him with a visual clue--- a starrier could, say, raise his hand as well as shoot the gun. In some sports, access will mean separate but equal squads.

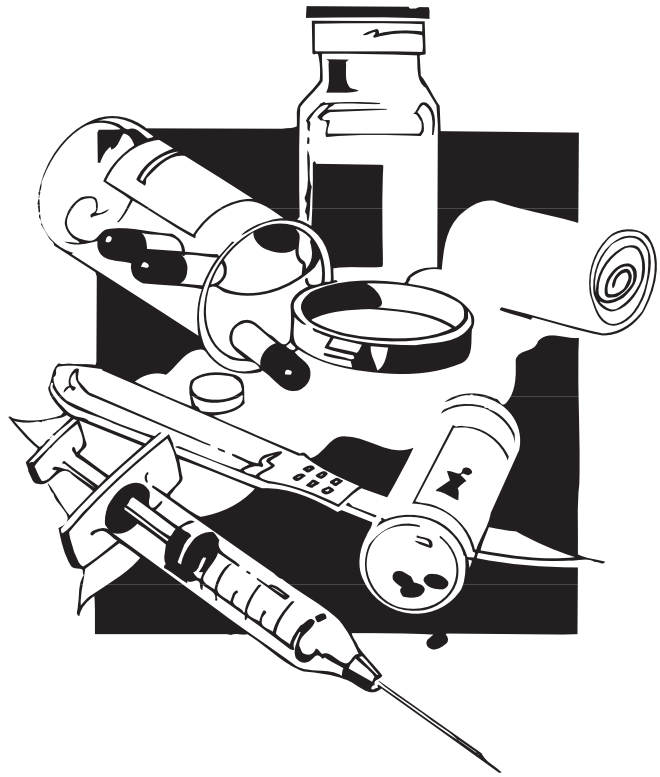
"Dear Colleague" letters like this one may not be law, but they have "teeth". Those that ignore the Directive face lawsuits. It brings the issue to a place it wasn't before. It goes to the knee-jerk reaction that people have for people with disabilities. That automatic exclusion---- just can't happen anymore.



## IS YOUR DIABETES GETTING COMPLICATED?

The NFB Diabetes Action Network can help! The NFB Diabetes network is an advocacy and peer support group, established by the National federation of the Blind because diabetes is a leading cause of blindness. Members work together as we manage our diabetes and its complications like:

- Blindness and low vision
- Kidney disease and dialysis
- Foot problems and amputations
- Transplants
- Neuropathy
- Heart disease
- Sexual dysfunction



### WHAT WE DO...

**EDUCATE:** Through our peer networks and publications we share strategies and technology advice to manage diabetes and its complications.

**EMPOWER:** We help each other overcome our obstacles and self-manage our disabilities with confidence.

**INSPIRE:** We share our personal success stories to show everyone that we can thrive despite our complications.

**ANNUAL DUES ARE \$10.00**--Mail checks payable to the National federation of the Blind and write "DAN" in the memo field, include all your contact information to

Diabetes Action network, c/o NFB Affiliate Action-200 East Wells Street at Jernigan Place, Baltimore, MD 21230-(410) 659-9314----[www.nfb.org/diabetics](http://www.nfb.org/diabetics)

## **The Hampton Committee for People with Disabilities Foundation GRANT APPLICATION INFORMATION**

**The Hampton Committee for People with Disabilities Foundation is accepting applications for Grants that will help to enhance or improve the quality of life for a disabled person. The individual must be a resident of Hampton, Virginia.**

Funding focus is to enhance one's life by providing monies for extra-curricular activities which are not affordable to a disabled person with limited income. Funding can be, but is not limited to activities as extra-curricular activities in the community, support for respite care, modifications to one's living environment and/or transportation expenses to and from a special community activity. Funding will not be provided for routine daily living expenses as utilities, rent, groceries or clothing. Funding will also not be utilized for routine home repairs, or purchasing equipment to support ones employment.

*Grant Funding:* **UP TO \$1,000**

*Due date for applications:* **July 1, 2013**

Applications can be found on the Hampton Mayor's Committee for People with Disabilities website, or you may request an application from:

**Mrs. Jeanne Smith**

Vice-President

The Hampton Committee for People with Disabilities Foundation

228 Winchester Drive,

Hampton, Virginia 23666

Phone: 826-0762

mmjeannes@cox.net

If you would like more information regarding the grants or the application process, please feel free to contact:

Sue Merryfield

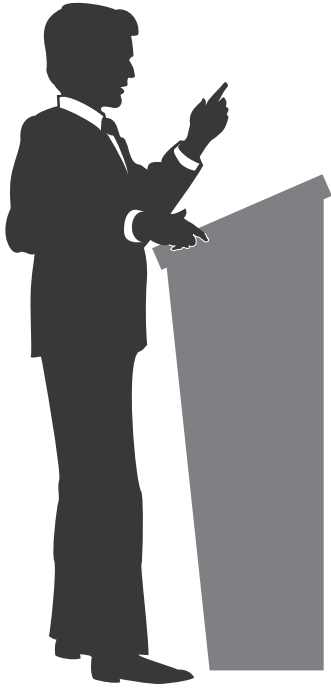
President

The Hampton Committee for People with Disabilities Foundation

Phone: 757-224-9680 ext. 413

## SUMMER FORUM FOR YOUNG LEADERS WITH DISABILITIES

Only 25 Virginia high school students with disabilities will be selected for the 2013 Youth Leadership Forum (YLF). If chosen, there is no cost to attend the five day leadership development program, including room and board, instructional materials, activities, interpreters and personal care assistants.



YLF educates students with disabilities about the principles of leadership, builds self-confidence and advocacy skills, and prepares students for future career choices. Class of 2014 and 2015 students with disabilities must apply by March 29th, 2013. The Youth Leadership Forum will take place at Virginia Commonwealth University in RVA, July 29 – August 2, 2013.

Applications and instructions can be found at:  
<http://www.vaboard.org/ylf.hym>

Electronic submission is strongly encouraged; 2 letters of reference and signature page must be received by March 29.

For more information, call 1-800-846-4464 (toll free, voice (TTY) or email Kara.White@vpbd.virginia.gov or Teri.Barker@vpbd.virginia.gov.

## TRAINING FOR PARENTS OF CHILDREN WITH DISABILITIES

Only 30 individuals will be selected to participate in the Partners in Policymaking (PIP) program. Participants must live in Virginia, have a developmental disability, or be parents of young children with developmental disabilities. The Virginia Board for People with Disabilities covers all expenses for participants' training, lodging, and travel.

Featuring National experts through eight weekend sessions in 2013-2014, Partners learn about self-advocacy, supported employment, building inclusive communities, assistive technology, communication, independent living and more!!!

Completed applications (with 3 reference letters) MUST be received by April 30th, 2013. For more information call 1-800-846-4464 (toll free), voice (TTY) or email Rachel.Loria@vpbd.virginia.gov or Teri.Barker@vpbd.virginia.gov



## JUST ONE CALL DOES IT ALL

The City of Hampton instituted the 311 Call Center to better serve our Community with a focus on outstanding customer service. The Call Center is designed to be a one-stop-shop for residents to request city information and non-emergency services.



Hampton was the first locality in Virginia to establish a 311 Customer Call center that offers citizens round-the-clock access to city services and information. Residents simply dial 3-1-1- and reach the warm, friendly voice of a Call Center Staff person. Customer advocates (call takers) help with everything from reporting handicapped code violations, traffic light repairs, a missed trash collection, pothole, to answering questions about the City budget.

Hampton residents have an easy, convenient access to their local government anytime, day or night, 7 days a week and only need to remember one number to call- 3-1-1--within City limits OR 757-727-8311 outside of Hampton or on a cell phone. ***JUST ONE CALL DOES IT ALL!***

## VIRGINIA 2-1-1 GET CONNECTED. GET ANSWERS.

Do you know about 2-1-1? Get connected. Get answers. 2-1-1 is another easy number to remember which connects people with free information on available Community services. When you dial 2-1-1, a trained professional will listen to your situation and suggest sources of help., it is one of the largest data bases of health and human resources in Virginia.



2-1-1 VIRGINIA phone service provides access to services in your Community and Statewide. All referrals are confidential and you can search for the same services on the 2-1-1-VIRGINIA Website. Non-Profit community based agencies, Government and business that provide health and human services to the citizens of Virginia are encouraged to list their services.

Dial 2-1-1- to locate hundred of services in your Community, for example:

- Basic human needs- aka food bank, shelters, rent and utility assistance
- Physical and mental health resources
- Support for those with disabilities and Seniors
- Support for children, youth and families
- Volunteering in your Community
- Locations to donate food, clothing, furniture, computers and other items

For more information, call 2-1-1 or visit them on the Internet at [www.211virginia.org](http://www.211virginia.org) or write: 211 Coordinator, Council of Community Services, P.O. Box 598, Roanoke, VA 24004



Mayor's Committee for People with Disabilities  
City Hall  
22 Lincoln St.  
Hampton, VA 23669  
RETURN SERVICE REQUESTED

PRESORTED  
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PERMIT NO. 165

## This is your newsletter!

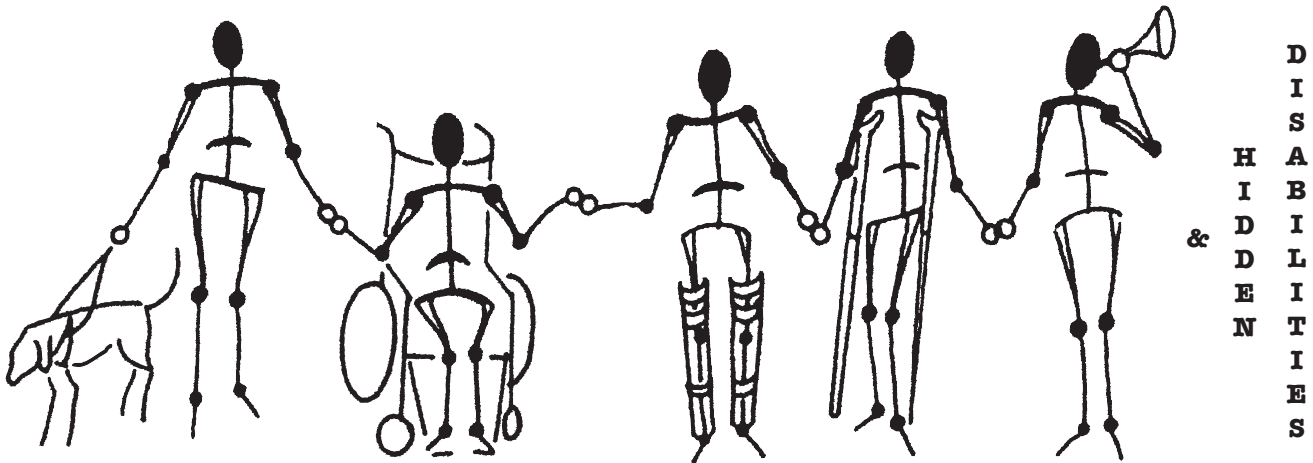
This newsletter is published quarterly, four times a year: Winter, Spring, Summer and Fall. This newsletter was established to serve the disabled population and to enhance public awareness by publishing interesting and informative articles that will specifically address the needs and interests of the disabled. We welcome your comments and suggestions concerning future articles. We reserve the right to edit all articles. We are not afraid of offering controversial views for the benefit of our readers. Consequently, views and interests presented will not necessarily be the opinions of the editors or of the members of the Mayor's Committee for People with Disabilities.

*Our thanks to the Hampton City Council  
for making these newsletters possible.*

**If you receive more than  
one newsletter, please pass  
the extra copy to a friend!**

*This Newsletter is designed and printed  
at **Sir Speedy** in Hampton, VA.  
Layout Design by Lorraine*

*If you want to change your address, cancel receiving this newsletter or would like to be added  
to our mailing list, please contact Jeanne at 757-826-0762.*



If we all work together, we can win the battle.